

Hastings-on-Hudson Public Schools



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Dear Hastings Community:

I am forwarding an [advisory from the NYSDOH and NYSED \(December 5, 2022\)](#) providing health cautions for the coming winter months. Our Health Office has already sent out health guidance for the winter. It is important that you also receive guidance from the NYSDOH and NYSED.

Please understand that the NYSDOH/NYSED guidance is advisory—it is not a requirement. We would encourage close attention to the recommended practices:

1. *Stay up to date with vaccines, including Flu and COVID-19.*
2. *Wash your hands often with soap and hot water for at least 20 seconds.*
3. *Cough or sneeze into your elbow, not your hands.*
4. *Stay home when sick or symptomatic.*
5. *Wear a well-fitting, high-quality mask when in public indoor spaces.*

As always, we respect the individual decisions of students, staff and families regarding wearing masks. The exception is the requirement that individuals who have had a confirmed positive case of COVID-19 must wear a mask for the first five days after returning to school. (See the [COVID-19 Management Document 2022-23](#), Item #3, p. 2.)

Please contact your school's Health Office if you have any questions.

Thank you.

Bill

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